

Montana and National Organizations for Child Care, Nutrition and Physical Activity

Montana Child and Adult Care Food Program (CACFP)

<http://www.dphhs.state.mt.us/ccrd/>

Department of Public Health and Human Services

Child and Adult Care Food Program (CACFP)

PO Box 202925

Helena, MT 59620-2925

Phone: (406) 444-4347

Toll free (888) 307-9333

Montana Team Nutrition Program

Montana Office of Public Instruction, School Nutrition Programs

<http://www.opi.mt.gov/schoolfood/index.html>

This Web site provides guidance and information on upcoming training opportunities for schools and communities, information on the National School Lunch and Breakfast Programs, After-School Snack Programs, Milk Programs as well as technical assistance and nutrition and health education training for Montana schools and communities. A great resource center for nutrition education curriculums and health information available to loan out or give away.

Team Nutrition contact Katie Bark, RD, Program Director

kbark@mt.gov or call (406) 994-5641

School Nutrition Programs contact Chris Emerson, MS, RD, Director

cemerson@mt.gov or call (406) 444-2501

Montana Child Care Resource and Referral Network

<http://www.montanachildcare.com/>

On this website, childcare providers can find information on how to start or improve their childcare business; meet their training needs, access statewide and regional child care statistics and links to other organizations.

Montana Child Care Resource Directory

<http://www.dphhs.state.mt.us/ccrd/>

This site offers information to prospective child care providers regarding child care regulations, how to contact the Montana Child and Adult Care Food Program, and information about the child care subsidy program which serves eligible low-income families.

Eat Right Montana's Healthy Families Media Packet

This monthly packet developed by Eat Right Montana Coalition (ERM) provides an article and two handouts on nutrition or physical activity each month. Contact Rebekah Brown to start receiving these monthly packets. Great to use as camera-ready take home information for parents. All you need is a functional email address to receive this information. The monthly packets are available on the Montana Dietetic Association's website <http://www.montanadieticassociation.org/>

Just click on the *Healthy Families Media Campaign* icon.

Contact Rebekah Brown to be added to an electronic list serve for packets.

Phone (406) 994-2926, rmb@montana.edu

Montana State University Extension Service/Food and Nutrition

<http://www.montana.edu/extensionnutrition/>

This useful Web site provides a wealth of information on general food and nutrition, disease prevention, food safety, and links to other Montana and nationwide resources. Contact for ServSafe Food Safety Training, Hazard Analysis Critical Control Point (HACCP) Training and more.

Lynn Paul, EdD, RD lpaul@montana.edu or call (406) 994-5702

Montana State University Extension: Nutrition Education Programs

<http://www.montana.edu/nep>

Food Stamp Nutrition Education (FSNE) and Expanded Food and Nutrition Program (EFNEP) partner with numerous community agencies and organizations to effect positive behavior changes in participants concerning nutrition and physical activity. The Montana FSNE program provides educational programs for food stamp households and those eligible. EFNEP teaches low income families with children and youth. In 34 counties, nutrition assistants provide a series of lessons or single demonstrations with practical information and skill-building tips for choosing better foods, food handling, food storage, and food safety practices.

Phyllis Dennee, MS, CFCS, EFNEP Coordinator, FSNE Principal Investigator

pdennee@montana.edu or call (406) 994-5702

Renee Harris, BS, CFCS, FSNE Program Coordinator

rharris@montana.edu or call (406) 994-6318

Montana Nutrition and Physical Activity Program (MT NAPA)

A partnership with MT Department of Public Health & Human Services and MSU Department of Health and Human Development, established 2004 and funded by the Centers for Disease Control and Prevention. MT NAPA aims to decrease obesity and improve the health of Montanans through statewide and community interventions focusing on nutrition, physical activity and obesity prevention. To receive information and to get involved at a local level please contact NAPA:

Ninia Baehr, Program Manager, call (406) 994-5686, niniab@montana.edu

Cathy Costakis, Physical Activity Coordinator, call (406) 994-5734, costakis@montana.edu

Lynn Hellenga, Nutrition Coordinator, call (406) 994-5710, lhellenga@montana.edu

Kristi Thane, Administrative Associate, call (406) 994-5738, kristit@montana.edu

Fax: (406) 994-5699

Nutrition Program for Women, Infants, and Children (WIC)

A supplemental nutrition and education program for income-eligible pregnant and postpartum women and children birth to five years old.

Call 1-800-433-4298 for information about a WIC Office in your local area.

Montana Department of Public Health and Human Services

<http://www.dphhs.mt.gov/>

111 N Sanders, PO Box 4210, Helena, MT 59604

Phone 406-444-5622

Information and resources related to child and family health.

The 2005 Dietary Guidelines for Americans and MyPyramid

<http://www.nutrition.gov/>

Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The *Guidelines* provide advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases; and is the base upon which the Child and Adult Care Food Program recommendations are built. The New MyPyramid graphic replaces the previous Food Guide Pyramid. This website provides information and allows Americans to develop their own personalized Pyramid plans. MyPyramid materials for children are currently under development. Food safety information can be accessed too.

Food and Nutrition Information Center

National Agricultural Library/USDA

10301 Baltimore Avenue, Room 105, Beltsville, MD 20705-2351

Food and Nutrition Resource List for Child Care and Preschool Staff,

September 2004 – Resource list available at:

<http://www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm>

This publication is a compilation of resources for people involved in the child care profession. It includes food and nutrition education print materials, audiovisuals, and other resources for child care and classroom use. Topics covered are general nutrition, food preparation, and food safety. Teaching materials for children and adults include: food models, games, kits, videocassettes, CD's and lesson plans; materials available to loan out and/or copy.

The USDA Foodborne Illness Education Information Center

<http://www.nal.usda.gov/foodborne/index.html>

This site is a good “one-stop shopping” place to find food safety information and links to other resources.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/ and www.cdc.gov/HealthyYouth/index.htm

The CDC Web site is an essential resource for nutrition and activity issues. Search for: surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

Nutrition Explorations

www.nutritionexplorations.org/

This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school foodservice professionals.

President's Challenge ~ You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults as well as cool online tools and ways to win awards for activity.

Dole 5 A Day

www.dole5aday.com/

Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and fun. There are special sections for kids, parents, teachers, and school foodservice.

Wheat Foods Council: The Grains Information Center

www.wheatfoods.org/

Yummy recipes, whole grain shopping list, resources – everything you wanted to know about grains, but didn't know who to ask.

Ellyn Satter Resources

<http://www.ellynsatter.com/>

Ellyn Satter Associates

4226 Mandan Crescent, Madison, WI 53715

Phone: 608-271-7976, Toll-free 800-808-7976, Fax: 866-724-1631

Ellyn Satter is a respected educator and has developed simple, clear and valuable resources on feeding children. Some of her books include: *How to Get Your Kid to Eat...But Not Too Much*, *Child of Mine*; *Feeding With Love and Good Sense*, and *Secrets of Feeding a Healthy Family*.

Meals Without Squeals: Childcare Feeding Guide and Cookbook

by Christine Berman, MPH, RD and Jacki Fromer, Published March 1997. This book is a great resource for parents and childcare providers, combining nutrition information with menus and recipes, while offering solutions to common feeding problems.